



WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect products for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen. **THIS PRODUCT IS FOR ADULT USE ONLY. PLEASE KEEP PRODUCT AWAY FROM CHILDREN AGE 16 OR UNDER. ALWAYS STORE PRODUCT WHEN NOT IN USE.**

WALKING FOR WEIGHT LOSS WORKOUT

Workout Tips

Walking is one of the easiest and least expensive ways to stay physically fit for all ages and fitness levels. It can be done indoors or outdoors, and you can tailor the intensity based upon your individual abilities and goals. Whether you'd like to begin walking for exercise or if you're already established walking as a habit, these tips can help you get the most from your workout.

Before starting a walking program, check with your doctor. Consult a doctor to determine if your overall health allows for fitness walking. If you have a chronic medical condition or if you have had a recent injury, this is especially important.

Invest in good shoes and proper clothing. Since these are the only expense and equipment you'll need, pay attention to the fit and quality of your shoes and clothing. Shoes should fit without any areas of pinching or pressure that could cause blisters or calluses. Shoes should have good arch support and a slightly elevated heel with stiff material to support the heel when walking. Clothing for walking exercise should also be comfortable. Choose fabrics that are breathable and sweat-absorbent.

Do a thorough warm up. Warming-up is very important before you begin your walk. Perform light body movements and do light stretches to warm muscles and reduce the possibility of sprains or injuries.

Maintain proper walking posture. Ensure you are walking heel to toe. Touch the ground with your heel and roll the foot forward over the center of your foot; push off with your toes. Your waist should twist as you walk. Make sure to keep your torso upright, as leaning forward or back will slow down your speed. Keep your hands relaxed and elbows at an angle of 90 degrees. Keep your arms close to your body and swing them forward and back. Keep your shoulders and neck relaxed as you walk. Your head should be upright and your eyes should look forward.

Monitor your heart rate and breathing. Walk at a pace that challenges you and elevates your heart rate, but don't overdo it. You should be able to carry on a conversation while you are exercising. If you can't, you may be working too hard.

Be sure to bring water. If you are walking long distances or are exercising in hot or humid weather, make sure to carry water with you. In very hot weather you may need fitness drinks or other sources of electrolytes as well.

Cool down. Cooling down allows the heart rate and muscles to return to normal. Reduce your speed towards the end of you walk until breathing and heart rate have returned to your resting rate. Perform light stretches and replenish any fluids lost.

Track Your Progress: Using Your Pedometer

The Danskin Now® Pedometer features micro-computer technology and an easy to read LCD display. Each step is automatically detected through the movement at your waist.



Attach the pedometer securely to your Danskin Now Waist Slimmer belt (if using) or your waistband using the clip located in the back of the unit. The pedometer should be located close to the center of your body for the most accurate results.

To operate pedometer, press the "RESET" button to turn the unit on or to return the reading to zero. The Pedometer will continue counting paces until the "RESET" button is pressed. The maximum number of paces is 99999 after which the display will reset to "0".

When your walk is complete, pressing the "MODE" button once will display the number of miles walked, pressing the "MODE" button a second time will display the number of kilometers walked, and pressing the "MODE" button a third time will display the approximate number of calories burned.

Trim Your Waist: Using a Slimmer Belt

Wear the Danskin Now Waist Slimmer Belt to help shed excess water while exercising. By encouraging the body to sweat, the Danskin Now Waist Slimmer Belt can assist in removing any excess water and promoting weight loss. Average usage time ranges from 30 minutes to 1 hour daily but each individual is unique and personal judgment is required. Do not wear the Danskin Now Slimmer Belt for extended periods of time as it can cause a heat rash or other skin irritation. Discontinue use immediately if this happens.



Walk your way to a healthier and happier you:

- Walking for as little as 10 minutes can boost energy for up to two hours!
- Walking can lower LDL cholesterol (the "bad" cholesterol) and raises HDL cholesterol (the "good" cholesterol).
- Walking can lower your blood pressure.
- Walking can reduce your risk of type 2 diabetes.
- Walking strengthens your bones and joints.
- Walking improves your mood!